

Date: _____

Participant Name: _____

Participant ID Number: _____

Breastfeeding: *You Can Do It!* Questions:

What does breastfeeding do for your baby?

Answer: Helps prevent your baby from getting sick, health benefits that will last a lifetime, reduces the risk of crib death, fewer speech problems, higher IQs, better vision, straighter teeth.

Why is breastfeeding is considered a gift to yourself?

Answer: Less bleeding, uterus returns to normal faster, you will recover from childbirth more quickly, lose weight gained during pregnancy, feel at peace while breastfeeding, create a bond with your baby.

What are the reasons to breastfeed rather than bottle feed?

Answer: Breastfeeding is free, you don't have to make formula, breast milk is always available and at the right temperature, it is much easier than bottle feeding, save on medical bills, reduce impact on the environment.

What do you need to do to prepare to breastfeed? Do you need anything special to breastfeed?

Answer: Nothing. You do not need anything special to breastfeed.